



# Diabetes - A New Wave of Life



**YOU COULD BE  
AT RISK!**  
Take the test  
on the other  
side - know  
the score



For more  
information, call:  
**1-800-739-2301**

# Could You Have Diabetes and Not Know It?



Take this Test. Know the Score

At-Risk Weight Chart		
Feet/inches without shoes	Pounds without clothing	
4' 10"	129	
4' 11"	133	
5' 0"	138	
5' 1"	143	
5' 2"	147	
5' 3"	152	
5' 4"	157	
5' 5"	162	
5' 6"	167	
5' 7"	172	
5' 8"	177	
5' 9"	182	
5' 10"	188	
5' 11"	193	
6' 0"	199	
6' 1"	204	
6' 2"	210	
6' 3"	216	
6' 4"	221	

- |  | Yes | No |
|--|-----|----|
| 1. My weight is equal to or above that listed in the chart.                              | 5   | 0  |
| 2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day. | 5   | 0  |
| 3. I am between 45 and 64 years of age.  | 5   | 0  |
| 4. I am 65 years of age or older.  | 9   | 0  |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth.              | 1   | 0  |
| 6. I have a sister or brother with diabetes  | 1   | 0  |
| 7. I have a parent with diabetes.  | 1   | 0  |

Total:

**3-9 points** - You are probably at low risk now, but everyone 45 years or older should consider being tested every three years.

**10 or more points** - You are at high risk for having diabetes. See a doctor soon and find out for sure



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